

Cooking Temperature Chart

<i>PRODUCT</i>	Degrees (°F)-
Fish & other Seafood	145° internal for 15 seconds
Comminuted (Ground) Fish or Meat and Injected Meat (hamburger, ground pork, sausage, hot dogs, venison)	155° internal for 15 seconds
Microwaved Potentially Hazardous Foods	165° internal and held for 2 minutes after removing from oven.
Poultry (chicken, turkey, ground turkey, duck, geese, exotic birds)	165° internal for 15 seconds
Roasts (beef, pork, ham)	145° internal for 4 min. or see Roasting Chart in COMAR
Steak & Intact Muscle Meat (beef, lamb, veal, pork chops, ham steak, commercially raised game animals)	145° internal for 15 seconds
Stuffing, Stuffed Meats, Casseroles	165° internal for 15 seconds
Vegetables	145°
Unpasteurized shell eggs for immediate service	145° internal for 15 seconds
Egg Dishes (shell eggs not prepared for immediate service)	155° internal for 15 seconds

REHEAT: 165° F or more, within 2 hours

HOT HOLD: 135° F or more

COLD HOLD: Frozen product at 0° F or less, Refrigerated product at 41° F or less. Cold hold pasteurized crab meat and reduced oxygen packaged products at 38° F or less.